



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VIII FESTIWAL BIEGU RZEŹNIKA
Fundacja Bieg Rzeźnika
2022-06-18
Cisna
11 km

V DYCHA NA JELENI SKOK

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M60

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	OKOŃSKI Wiesław	4372		M60	1	01:16:05.45	01:16:09.15		6:55	8.7 (100%)
2	PODLEŚ Robert	4034	COBI POLAND TEAM	M60	2	01:17:18.80	01:17:21.40	+00:01:12 (1.6%)	7:01	8.5 (97.7%)
3	MICZEK Wiesław	4177	NIEZRZESZONY	M60	3	01:23:06.00	01:23:12.60	+00:07:03 (8.5%)	7:33	7.9 (90.8%)
4	PODOLAK Zbigniew	4206		M60	4	01:28:51.15	01:28:54.60	+00:12:45 (14.3%)	8:04	7.4 (85.1%)
5	TUCZAPSKI Artur	4349	COMTAT	M60	5	01:28:49.00	01:29:03.40	+00:12:54 (14.5%)	8:04	7.4 (85.1%)
6	GARCZAREK Krzysztof	4182		M60	6	01:35:52.00	01:36:03.35	+00:19:54 (20.7%)	8:42	6.9 (79.3%)
7	NOWAKOWSKI Wiesław	4108	BIEGAM BO LUBIĘ	M60	7	01:38:33.45	01:38:37.10	+00:22:27 (22.8%)	8:57	6.7 (77.0%)
8	ZIELIŃSKI Paweł	4242		M60	8	01:47:45.30	01:48:22.15	+00:32:13 (29.7%)	9:47	6.1 (70.1%)
9	CZAPLA Andrzej	4071		M60	9	01:56:06.45	01:56:17.55	+00:40:08 (34.5%)	10:33	5.7 (65.5%)
10	NOWAK Karol	4483	WOŁÓW BIEGA	M60	10	01:55:56.25	01:56:37.25	+00:40:28 (34.7%)	10:32	5.7 (65.5%)
11	MAZURKÓW Marian	4330		M60	11	02:00:46.60	02:00:53.50	+00:44:44 (37.0%)	10:58	5.5 (63.2%)
12	JAMKA Wiesław	4020	SKAWINA BIEGA	M60	12	02:03:33.70	02:03:48.00	+00:47:38 (38.5%)	11:13	5.3 (60.9%)
13	IGNASZAK Marek	4369		M60	13	02:10:29.25	02:11:01.40	+00:54:52 (41.9%)	11:51	5.1 (58.6%)
14	TOMASZEK Michał	4322		M60	14	02:19:15.20	02:20:05.70	+01:03:56 (45.6%)	12:39	4.7 (54.0%)

Znaleziono 14 wynik(ów)